FAMILY LIFE

Vol. XIX, No. 2 FEBRUARY, 1958 Edited by Paul Popenoe

THE CASE FOR EUGENICS

Eugenics means the production of men and women of superior inborn quality. Expressed in these words, it is a magnificent ideal, yet remarkably few individuals have ever given it sustained consideration, still fewer individuals have done anything to try to put it into effect.

Some people have a hazy notion that anyone in its favor must be an amiable eccentric trying to establish a colony for selective mating in some remote part of the world. Others are under the impression that eugenists advocate drastic methods of breeding that are revolting in themselves, an offense to human dignity and a curtailment of personal liberty. In that respect, Hitler and his associates in Germany did the cause a great deal of harm.

Yet the case for eugenics is genuine enough: it is one in which all biologists should feel that they have a special responsibility for taking an interest, for in spite of the recent spectacular improvements in the environmental conditions of man—in health, nutrition, housing, welfare services, communications, and the exchange of ideas and information, which are transforming his mental life—his basic *genetical* constitution remains much the same; indeed, some think that, if anything, it has deteriorated slightly over the past century. In the long run, however, the real level of civilization can not be raised unless there are also improvements in intrinsic human qualities.

The case for eugenics is actually strengthened by the very success of the health and welfare services. Because of this success, as far as human beings are concerned, natural selection has almost ceased to operate. More and more, responsibility for the kind of people who will be represented in succeeding generations lies with man himself.

This was the kind of vision that moved a group of men and women to found the Eugenics Society (in London) in 1908. They must have had a remarkable sense of public duty to launch at their own expense an organization with such long term aims. They set out to achieve their object within the framework of our democratic institutions without infringing the freedom of choice in marriage partners or doing injury to those human values and romantic sentiments for which that

FAMILY LIFE
Monthly service bulletin of the
AMERICAN INSTITUTE OF
FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, California
Price $1 a year, 10c a copy.

freedom is essential.

Increasing insistence on the importance of genetics in human heredity has thrown new light on the scope and possibilities for action in improving human quality. Already, in Denmark, there is a complete register of all cases of known hereditary disease, such as hemophilia and achondroplasia. Similar registers are being compiled for certain districts in the British Isles. About diseases of genetical nature, sound advice can now be given to those about to marry.

In medieval times, robust, physically vigorous men and women were probably at an advantage (particularly those resistant to infectious disease); but in these days of urban life, automation, social integration, and mass communication, mere brute strength is less important, although the health, resilience, and fine integration of the body remains at a premium, less perhaps for work than for esthetic considerations and recreation; more discriminating demands are being made on the senses, on their coordination, on the intelligence, and on the emotions. There is less employment for those who are dull-witted and unskilled. On the other hand, there is unlimited scope for intelligence of the highest kind in the professions, in industry, commerce, administration, social affairs, and also in private life; and there is unlimited scope for creative work in social and cultural fields.

(Extracts from an editorial in *Biology and Human Affairs,* London, Oct., 1957.)

Inexpensive Pamphlets

TIME FOR MUSIC—a guide for parents, by Beatrice Landeck. Pp. 20, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.

IS THERE A CAREER FOR ME IN THE FLORIST INDUSTRY? Free to teachers and guidance counselors on application to Society of American Florists, Sheraton Park Hotel, Washington 8, D.C.

SOCIAL HYGIENE PAPERS: a symposium on sex education, pp. 38, price $1 from American Social Hygiene Assn., 1790 Broadway, New York 19, N.Y.

DELINQUENCY PREDICTION: a progress report, price $1 from Dept. of Community Relations, New York City Youth Board, 79 Madison ave., New York 16, N.Y.

MARRIAGE COUNSELING, by John H. Wallis. Pp. 32, price one shilling from National Marriage Guidance Council, 78 Duke st., London W.L., England —Training booklet for counselors.

THE PRE-SCHOOL YEARS, by Mrs. Irma Simonton Black and others for the Bureau of Maternal and Child Health of the N.Y. State Dept. of Health. Pp. 63, price 60c to those outside the state; may be ordered from Mental Health Materials Center, 1790 Broadway, New York 19, N.Y.

WHAT PTA MEMBERS SHOULD KNOW ABOUT DELINQUENCY: a guide for action. Pp. 96, price 50c from National Congress of Parents and Teachers, 700 N. Rush st., Chicago 11, Ill.

MARRIAGE COUNSELING MUST BE EXTENDED

If marriage counseling is to reach more than an insignificant number of people in the community, there will have to be a great increase in the number of persons trained to do this work. It is a natural part of the clergyman's function and many ministers are now getting special training for it. But the use of properly trained lay persons offers the only real solution of this great problem.

This was the opinion of David Mace, reporting to the Department of Family Life of the National Council of Churches of Christ at its last annual meeting. Dr. Mace, himself a minister, was one of the founders of the National Marriage Guidance Council in London. He has stated that he patterned this, to a considerable extent, on the example of the American Institute of Family Relations. Dr. Mace was the Director of the Council for many years, then came to the United States as Professor at Drew University in Madison, New Jersey. During the present year, he and his wife are making a survey of problems in parts of Africa and Asia under the direction of the World Council.

The counseling process is as old as human society, Dr. Mace remarked, and there are three broad stages which are easily recognized. It begins with magic, goes on to advice-giving, and finally it adopts a new emphasis in which the person is helped to understand his problem and work out his own solution.

Dr. Mace continued: "The newer emphasis in counselnig shows that diagnosis is almost extraneous to the counseling situation: more emphasis is placed on the interaction between the counselor and the person being counseled. Persons with a very limited knowledge of counseling techniques can be trained to be very good counselors. The implication is that laymen can be used as counselors and can be trained to do a good job. It is recognized that this statement might produce professional resentment but as time goes by it will be impossible to retain counseling within certain and limited professional groups.

"The use of lay counselors in Marriage in Britain began in 1943. The Marriage counseling services were developed because of the high divorce rate during the war. The movement grew rapidly and in 1947 there were 100 marriage counseling centers functioning. At that time there were not more than twelve paid persons in the movement (this included secretaries also).

"There was a frank recognition of the dangers of using lay counselors. The program of the Marriage Guidance Council contained three safeguards:

> "1) SELECTION—the Bureau went to the group of psychologists who had worked during the war years with military personnel and asked them to suggest screening methods. The process has now been in use for about ten years and about 700 people have been selected through this process and trained. No regard for academic or professional qualifications is made in this selection: it is entirely possible, under this system, for a psychologist to be

turned down and for a housewife to be selected. The right personal qualities are of primary concern.

"After ten years experience it is realized that there is no need to switch from lay counselors to professionals. There has been no difference in the quality of work done by the laymen than would have been expected of professionals, other things being equal. These counselors have dealt with over 10,000 cases of marriage disharmony. The lay counselors are usually of above intelligence, high integrity, are mature (most are in the 35-50 age bracket), and have been felt to possess the personal qualities to be effective in counseling. The rate of rejection, of those who submit themselves as trainees is between 30% and 40%. "2) TEAMWORK—no counselor is ever permitted to work alone. Each committee starting a new center must have, as a minimum, one man and one woman on the staff. The staff meets every other week for conferences to discuss their cases together and the staff is under the supervision of a regional tutor who is a professional psychiatrist. Any new person will, at the beginning, work with an experienced marriage counselor.

"The counselors are left very free to arrange their counseling schedules in their own way but they are expected to give at least one three-hour session to the center as a minimum. Many give more—Some up to five sessions per week.

"This counselor, in this closely integrated team, has a one year probation period. He will have handled between 30 to 40 relatively simple cases in that time, and will be subjected to assessment by the national assessment officer before becoming a permanent part of the staff. If the first assessment is not satisfactory, it can be taken again. "3) SAFEGUARDS—There are specialist consultants in the fields of law, religion, psychiatry and several branches of medicine who are always ready to give guidance. These specialists also give their services on a voluntary basis.

"The consultants actively play a supportive role. Each month, the case conference includes one of the consultants. The counselor is always assured that if he gets into difficulty he can call on the consultant.

"There are Marriage Guidance Centers based on this way of work all over Britain. Those who seek the services are charged no fee but they can make contributions if they so desire. Many do. There are some small government grants and financial aid is also secured from various other organizations. The National Marriage Guidance Bureau is hoping to double its program from 600 staff to 1200 in the next year. Public reaction to the program is uniformly good. An attitude of appreciation for the work that is done on a voluntary basis was stated by one woman, 'It seems wonderful to me that these counselors would work just because they care about people like me.'

"This kind of program is now being developed in other parts of the world. If this job was done only by paid counselors the needs would not be met. So country after country is following the lead of Britain.

"Since it is true that counseling depends on the personal qualities of the counselor, the church should have

many persons of quality to go into this work. The quality of men going into the ministry should be of such that they would be the kinds of persons who will be good at reaching people who can inspire confidence. If our ministers are carfully chosen, most of them would be potential material for counseling training.

"These five things would be stressed:

"1) The need to understand human personality and human relations.

"2) The need to understand the basic methods used in modern counseling.

"3) That an opportunity be given to put these principles into operation in a controlled situation in order to gain confidence.

"4) That a good knowledge of the community agencies and consultative resources with which he should work is desirable in order to be equipped to do a good job of referral..

"5) And this of primary importance—that the minister should be given a good opportunity to understand and accept himself. He should have had the experience of being at the receiving end of the counseling process.

"It is certain, if a minister does a a good job of counseling, that there is the danger that his schedule becomes overloaded with counseling. No minister should spend more than twelve hours a week in counseling, else he neglect other important phase of his work. Perhaps, on an area basis, certain lay people should be used to help the minister in his counseling. Some of the best potential counselors are middle-aged, married women, who usually have more leisure time. This kind of woman, (who has usually raised a family of her own) can usually win the confidence of both husband and wife being counseled. In some cases, men who have retired early in life can be trained for the work of a counselor.

"This process of counseling is an extension of the process that goes on in all human relationships. We must not be intimidated into thinking that this is a forbidden area."

●

Educational Notes

EXPECTANT MOTHERS want more information than they are now receiving from obstetricians and nurses, according to a survey of patients' opinions made at the N.Y. Hospital Women's Clinic. They think the technical aspects of their care are excellent but that what might be called the "human" aspects of obstetrics are woefully deficient. Abstract of this study is published by Vera R. Keane, R.N., in the *Bulletin of Maternal Welfare,* Nov.-Dec., 1957.

AMERICAN ORTHOPSYCHIATRIC ASSN. will hold its 36th annual meeting in New York City March 6. Arrangements are being made for non-members to attend. Information may be had from the executive secretary, Dr. Marion F. Langer, 1790 Broadway, New York, N.Y.

WHAT HAPPENS when parents meet their new baby for the first time, is subject of research at the Syracuse, N.Y., Memorial Hospital, by Dr. Julius Richmond. "Mother, as soon as she receives her baby in her arms for the first time, gently nuzzles him in the nape of the neck and brushes his forehead with her nose as if to smell him. A new father, on the other hand, often tries to get the baby to grasp his finger and then he examines very carefully the

baby's hands and feet." (*Briefs,* Dec. 1957.)

"PROBABLY only 15% or 20% of young mothers in our culture want to become pregnant, plan to become pregnant, and are pleased when they become pregnant," Dr. Gerald Caplan declared in a lecture at the University of California. Within two months, however, most of the expectant mothers have accepted pregnancy.

SEX was never mentioned in Freud's home, says his son Martin. "I didn't know the full facts of life until I was 17." Martin, a former Vienna lawyer who escaped from the Nazis, is now running a London tobacco and candy shop and is writing a book called *Glory Reflected.*—Sigmund Freud had another son who is an architect in London, while his daughter Anna is a well-known child analyst.

Research Notes

CHANCES that a married couple will live to celebrate the Golden Wedding are better than ever before, say the statisticians of the Metropolitan Life Insurance Co. Thus for a man aged 21 who marries a girl of 17, the probability is about two out of five that both will survive for 50 years longer. When both husband and wife are 25 years old at the time of the wedding, the chance is one in four that they will celebrate 50 years later.

LIFE EXPECTANCY of females at birth in the U.S. was six years greater than that of males, in 1956.

ALCOHOLIC MEN were found by Roger J. Williams and associates at the University of Texas to differ in 11 significant respects from normal men, when their blood chemistry was studied. The investigators suppose that some of these differences are constitutional and that further study will open the way to determining, in advance, what men are likely to become alcoholic, what men are not. (*Science,* Dec. 13, 1957.)

Around the World

VIENNA'S "Marriage- and Life-counseling service," a municipal enterprise offered free to citizens, counseled 1200 persons in its first year. It is open on the afternoon and evening of two days a week.

WEST GERMANY government is establishing special sections for mothers and children only, in its trains, and offers a reduction of 50% in fare for children in large families, up to their 18th birthday.

BRITISH Council of Churches' committee declares that "Discussion is urgently needed to rid sex of its narrow erotic association and reinstate it as the most fudamental of human relationships." The committee urged that a theological commission of the highest calibre be appointed to consider the Christian doctrine of the relationship of men and women in context with the changing status of women in modern society. This change, the committee declared, "has inevitably created a new tension between men and women, giving them new possibilities of either partnership or competition."

WORLD MOVEMENT OF MOTHERS will hold its tenth annual meeting in Paris, June 9-15, a few days prior to the World Conference of the Family.

CZECHOSLOVAKIA'S first birth control clinic has been opened in Prague, in the same building as the Institute of Sexology of Charles University; and these two in cooperation with the department of psychiatry are planning the establishment of a marriage counseling center.

NEW BOOKS IN BRIEF REVIEW

LOVE IS MORE THAN LUCK, by Karl Miles Wallace with Eve Odell. Pp. 236 (no index,) price $3.50 from Wilfred Funk, Inc., 153 E. 24th st., New York 10, N.Y., 1957.

Why doesn't someone start a really scientific Matrimonial Bureau? This question has been asked for years, but no one attempted to answer it adequately until sociologist Wallace and his wife equipped themselves with IBM machines and sent out advertising of their Personal Acquaintance Service. Dr. Wallace (professor of sociology at Los Angeles State College) determined to find out whether such an enterprise was practical. After six years, and the investment of many thousands of dollars of his own money, he determined that it was practical—provided it was run by experts and on a scale that would embrace the entire continent. At the end of that period, after registering nearly 7,000 persons and marrying 20% of them, he concluded that his experiment had served its purpose, and discontinued it. This book tells in a frank and entertaining way the whole story, with a discussion of the principles involved and a description of the activities of some of the scores of friendship societies, lonely hearts clubs, and the like, which are continually springing up—usually to go bankrupt inside of 90 days. Anyone seriously interested in modern marriage ought to read this book; and anyone else who is looking for a fascinating and oftentimes amusing story will want to do so.

•

MARRIAGE AND PERSONALITY, by Ainslie Meares. Pp. 157 (no index), $3.95 from Charles C. Thomas, 301 E. Lawrence ave., Springfield, Ill., 1957.

Psychiatrist Meares presents, in popular form, a discussion of some of the major types of personality: the introvert, the constitutional psychopathic, the "latent invert," the alcoholic, the immature. He points out the difficulties they encounter in marriage, the difficulties they create for their partners, and some of the lines along which they can be helped to make a satisfactory adjustment in the marital partnership,—except for the paranoid and the psychopath, whom he considers generally hopeless. Dr. Meares (in private practice in Melbourne, Australia) over-simplifies his pictures, as is almost inevitable, but his plan is good and anyone concerned with an understanding of marriage should profit by his discussion.

•

UNDERSTANDING GRIEF, by Edgar N. Jackson. Pp. 255, price $3.50 from the Abingdon Press, Nashville 2, Tenn., 1957.

Clergymen are traditionally regarded as the comforters to whom one should turn in grief, and Mr. Jackson, pastor of the Mamaroneck, N.Y., Methodist Church, offers this very detailed discussion to guide them. He goes into the roots, dynamics, and treatment of grief, the role of guilt, the function of a religious philosophy in handling the grief experience, and the value of religious symbols and rites in exteriorizing grief feelings. Half of the book is given to a detailed guidance of the minister, with innumerable brief case

histories. All this should be helpful to many counselors other than the clerics for whom it is primarily written.

•

THE PATIENT SPEAKS, by Harold A. Abramson. Pp. 239 (no index), price $3.50 from Vantage Press, 120 W. 31st st., New York 1, N.Y., 1957.

Dr. Abramson, a specialist in psychosomatic allergies and their treatment by psychotherapy, presents in her own words (from tape recordings) the analysis of a young woman who suffered from eczema over much of her body. This difficulty is often interpreted by analysts as being the result of rejection by the mother but Dr. Abramson concludes that it is almost the opposite: that it results from too great involvement with the mother who, he thinks, is trying to work out her own life-goals through her child or, in short, is attempting psychically to engulf her own child. He identifies this as the Cronus complex, named for the Titan Kronos of Greek mythology who swallowed his own children. After several years of analysis, the young woman lost her eczema. The process will probably be most convincing to those who are already partisans of psychoanalytic therapy, but it will also be welcome reinforcement to the opponents of "Mom." In any case a detailed and verbatim account of an analysis is valuable.

•

BASIC NUTRITION, by E. W. McHenry. Pp. 386, price $6 from J. B. Lippincott Co., E. Washington Square, Philadelphia, Pa., 1958.

A college Textbook by the professor of public health nutrition, University of Toronto. As the importance of nutrition in family life is more and more recognized, such studies are welcome. Dr. McHenry complains that in the past, the scientific and practical aspects of nutrition were almost wholly omitted from the curriculum of medical students, although the average person looks to his physician for information on this topic.

•

MANAGEMENT OF THE HANDICAPPED CHILD, ed. by H. Michal-Smith. Pp. 276, price $9.75 from Grune &Stratton, 381 Fourth ave., New York 16, N.Y., 1957.

A dozen papers on various defects and afflictions of children, together with a paper on the mentally gifted child thrown in for good measure. All of the writers are recognized authorities in their fields. The volume is a "continuation and extension" of one from the same publishers in 1954 under the title, "pediatric problems in clinical practice." It is directed largely toward physicians but with the present growing interest in the exceptional child, it should be much more widely used.

•

HOW TO GET AND KEEP A HUSBAND, by Kate Constance. Pp. 386, price $3.50 from Dorrance & Co., Philadelphia, Pa., 1957.

The author describes herself as a Christian businesswoman and a student of the scriptures. The book is a curious admixture of sociological information (and misinformation), homey advice, spicy asides, and religious exhortation. The author sees four "trends" as important for husband hunters:

1. Laxity of our moral controls, providing too much sex freedom to our men and so slowing up their desire to marry;

2. Increasing independence of the American woman due to more educa-

tion and distorted conception of love;

3. A decrease in the ratio of men to women;

4. A lessening of the inter-dependence of the sexes, because people need each other less.

Of these four, author Constance believes that the worst threat to marriage is sex freedom. Going on from these four points, she pulls out all the stops and moves through such items as the type of woman most likely to marry, and the qualities men prefer in women, to what she describes as the "most important factor in seeking a husband." "This," she announces, "is sincerity." But she devotes much of the rest of the book to techniques for handling the unwary male. No one section of the book more succinctly characterizes its tone and its quality than a series of paragraphs in which the anthor quotes herself counseling with a woman who was fearful of losing her husband. "You owe it to your marriage to try every means at your disposal to set him straight and to hold him," I told her. 'First, you should overwhelm him with love and admiration and sweetness of temper and good cheer. Are you sure you haven't become a little casual with him because you've been married seven years? Do you still give him the ecstacy in your love-making that you first exhibited? Do you still tell him daily what a marvelous guy he is? Do you fondle him with vociferous kisses—and mean it? Do you still wear seductive clothes and make him feel romantically luxurious?"

"Now while you are making these efforts, go to God and pray (and be praying all the time) that He will take over this problem and work it out for you, for it is bigger than you and only He can strengthen you to work it out. And you must have the faith and trust in the meantime that God will help you as He alone can do it, in His own way, and most of all in His own will." This book may be of interest to some readily susceptible individuals. But it offers very little to the serious student of family life in America.—Richard H. Klemer, Ph.D.

•

TOGETHER IN MARRIAGE, by John J. Kane. Pp. 154 (no index,) price $2.95 from Fides publishers, 744 79th st., Chicago 19, Ill., 1057.

"Togetherness" is one of the key words to the understanding of marital adjustment and the head of the sociology department at the University of Notre Dame has discussed the ways of attaining it in this sound and simply written book, directed primarily to Roman Catholics but equally useful to any other husbands and wives.

•

TRENDS IN GERONTOLOGY, by Nathan W. Shock. 2 ed., pp. 214, price $4.50 from Stanford Press, Stanford, Calif., 1957.

Much progress has been made in the five years since the first edition of this work by Dr. Shock, chief of the Gerontology branch of the National Heart Institute and of the Baltimore City Hospitals. It is here summarized in convenient form for all who are professionally interested in the problems of old age. Work in many foreign countries is included and a final chapter outlines the need for and possibilities of an Institute of Gerontology.

•

TO AN UNKNOWN LADY, by Andre Maurois. Pp. 160 (no index,) price $2.95 from E. P. Dutton & Co., 300 Fourth ave., New York 10, N.Y., 1957.

Sixty-one short essays on "life and love" prepared for newspaper publication by a leading French writer. He addresses them to a, probably imaginary, woman whom he saw at a theatre, never met, but took as the incarnation of all women. Most of them are clever, and were doubtless well received when they appeared once a week. Brought together they are a bit tiresome, and add little to one's knowledge.

•

WOMEN and sometimes men, by Florida Scott-Maxwell. Pp. 207 (no index,) price $3.50 from Alfred A. Knopf, 501 Madison ave., New York, N.Y., 1957.

Mrs. Maxwell, formerly a professional writer, became a follower of Carl Jung and a professional analyst. At the age of 74, a wife and grandmother, she puts down her ideas of the place of women in the world. Jung's concept of the masculine principle and feminine principle contending in a woman is developed at great length, in a well written and thoughtful volume which will appeal most strongly to "Jung fans." Others will find it somewhat vague, like much Jungian psychology.

•

DEAFNESS, MUTISM, AND MENTAL DEFICIENCY IN CHILDREN, by Louis Minski. Pp. 82, price $3.75 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1957.

Some children are diagnosed as mentally deficient when as a fact they have basically good intelligence, and are merely deaf or mute. Psychiatrist Minski describes ways to differentiate them, says that deafness can often be diagnosed in the first year and children taught lip-reading by the age of two, but agrees that these children are very difficult subjects. The book, printed in Great Britain, will appeal to specialists.

•

NONE CAN BE CALLED DEFORMED, by Vernon Mallison. Pp. 215 (no index,) price $3 from Roy publishers, 30 E. 74th st., New York, N.Y., 1957.

Many crippled adolescents are not getting fair treatment from parents, teachers, or society, says Mr. Mallinson, an English educator. He took 27 boys and nine girls, to see how much help could be given to them, and reports his experience, with details as to the vocational adjustment of the youngsters. The book (printed in Great Britain) is optimistic and inspiring.

•

THE HUMAN SUM: How many should we be?, ed. by C. H. Rolph. Pp. 232, price $3.75 from MacMillan Co., 60 Fifth ave., New York 11, N.Y., 1957.

Taking a broad view, a dozen English writers discuss the question of "birth control." Since the book is prepared for the Family Planning Association, a leading organization working for the dissemination of contraceptive information, it is naturally in favor of birth limitation in certain conditions. All over the world, the pressure of population is coming to be recognized as demanding far-reaching measures of statesmanship. This book is a scholarly contribution to the debate.

•

BASIC FACTS ABOUT MENTAL ILLNESS, by Harry Milt. Pp. 31, price 50c from Human Relations Aids, 1790 Broadway, New York 19, N.Y.

PLANNING YOUR RETIREMENT? List of 43 government booklets, free from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C.

PRACTICAL HELP FOR COUNSELORS

The American Institute of Family Relations offers invaluable material, to be found nowhere else, for the many people called upon to help others in dealing with personal and family problems. In addition to the Correspondence Course in Counseling (see next page), the Institute has prepared a number of unique pamphlets, the most recent being:

Pub No. 524. MARRIAGE COUNSELING. PRICE.....25c
Marriage counseling is largely a matter of re-educating one or both partners. Everyone has a right to expect from marriage emotional and economic security, companionship, sexual partnership, and children. Four rules for successful marriage counseling are given.

Pub. No. 526. THE PRACTICE OF MARRIAGE COUNSELING: A paper presented to the third International Conference on Planned Parenthood, Nov. 24 to Dec. 1, 1952, by Paul Popenoe, Sc.D. 35c

An illuminating and concise discussion of twelve pitfalls which beset many counselors, and how to avoid them. Aids for formulating a provisional plan of treatment of the client.

Among the other popular pamphlets for counselors are:

Pub. No. 502 MARITAL COUNSELING WITH SPECIAL REFERENCE TO FRIGIDITY 35c

Pub. No. 506. AGGRESSIVENESS AND ITS TREATMENT. (Mimeographed) 10c

Pub. No. 517. SEXUAL INADEQUACY OF THE MALE.....1.00
The most practical, concise and explicit discussion available of the non-medical treatment of a very common condition which affects several million husbands in this country and Canada, and therefore affects an equal number of wives.

MIMEOGRAPHED SHEETS OF SUGGESTIONS for dealing with specific traits: increasing cordiality, decreasing submissiveness, decreasing rigidity, improving an over-critical temperament, improving a subjective temperament, increasing sympathy, increasing self-mastery, improving a nervous temperament, suggestions to clients who are low in "activity," suggestions to those who are over-active, suggestions for reducing over-aggressiveness, suggestions for dealing with depression. Complete set $1.00

★ ★ ★

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 Sunset Boulevard **Los Angeles 27, Calif.**

THE AMERICAN INSTITUTE
OF FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, Calif.

(Return Postage Guaranteed)

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Los Angeles, Calif.
Permit No. 12538

FEB 24 1958

The Library
San Francisco Theological Seminary
San Anselmo, Calif.

The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

FAMILY LIVING CONFERENCES

led by experts from the Institute's staff, are available to any community which is seeking to strengthen family life. Informal lectures and discussions on preparing for marriage, marital problems, parent-child relationships, preparing for retirement, social and business relationships, and other vital matters, provide an opportunity for many people to think and work together in an informal and stimulating atmosphere. These conferences, of one two, or three days, have been highly successful wherever they have been held.

Write for full information to

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 Sunset Boulevard **Los Angeles 27, California**